



Complete Motivation, End Procrastination & Get Things Done: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations

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This "complete motivation" subliminal Solfeggio program 417 Hz was designed to assist the listener in gaining perceptions and energy alignment related to increasing motivation and positive thinking patterns to meet personal goals and aspirations.

This listening resource uses a combination of subliminal affirmations as well as sight-specific Solfeggio frequencies. Each topic tends to be associated with certain energy centers (chakras) of the body. For example, topics related to forgiveness and love tend to be related to the heart chakra. Therefore, the Solfeggio frequencies, induction, and affirmations of that particular program will all be related to the heart chakra. The intention of this is to give the listener an integrated healing or expanding experience within the mind, body, and spirit through sympathetic vibration.

The first chapter is geared toward listeners who prefer a more interactive experience as it features a meditative introduction, slightly audible affirmations, and a meditative conclusion. The second chapter features simply Solfeggio frequencies with subliminal affirmations for those who prefer a more ambient, or passive experience (to sleep, zone out or listen to in the background). The third and fourth chapter features an in depth overview of the program and specific Solfeggio/chakra descriptions.

When we become mindful of where we choose to place our attention, we become the masters of our own inner experiences. So sit back, relax, and enjoy the infusion of sacred sound, eastern philosophy, and western psychology with Subliminal Solfeggios!

Please note that this resource is not intended to diagnose, prevent, or treat any disease or illness. It is always advisable to seek help from a qualified health provider in the event of mental or physical illness.

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From reader reviews:

Yvonne Wagner:

Reading a book tends to be new life style with this era globalization. With studying you can get a lot of information that may give you benefit in your life. Having book everyone in this world can certainly share their idea. Textbooks can also inspire a lot of people. Plenty of author can inspire their particular reader with their story or their experience. Not only the storyline that share in the guides. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach children, there are many kinds of book which exist now. The authors these days always try to improve their skill in writing, they also doing some analysis before they write with their book. One of them is this Complete Motivation, End Procrastination & Get Things Done: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations.

Rudy Nixon:

A lot of people always spent their very own free time to vacation or even go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that's look different you can read a book. It is really fun for yourself. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book Complete Motivation, End Procrastination & Get Things Done: Chakra Guided Meditation, Solfeggio Frequencies & Subliminal Affirmations it doesn't matter what good to read. There are a lot of those who recommended this book. These folks were enjoying reading this book. If you did not have enough space bringing this book you can buy typically the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book has high quality.

Lynne Silva:

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Bessie Hall:

On this era which is the greater person or who has ability to do something more are more special than other.

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